



## Improve Your Health this New Year with Whole Health Coaching

**U.S. Army Veteran**  
Ethel “Evie” Taltoan has experienced many obstacles in her life—dysfunction, trauma, addiction, etc.—Whole Health Coaching is one thing that helps. She

recently started Whole Health Coaching at the Butler VA where she meets one-on-one with her coach every week to work on making healthy behavior changes.

Whole Health Coaching can help participants make meaningful progress toward health goals, reduce stress, and improve quality of life. Coaches work with Veterans one-on-one (and sometimes in groups) to help them in the following ways:

- Develop a personalized health plan that is based on what matters most to the Veteran. The plan is based on the Veteran’s own goals, values, preferences, and lifestyle.
- Partner with the Veteran to proactively take action toward behavior change that is present and future oriented.
- Recognize that health is much broader than the absence of disease. The emphasis is on health enhancements and strengths rather than disorders and weaknesses.

- Seek to support the Veteran in achieving the Veteran’s standard of optimal health that takes into account the mental, physical and social well-being of the Veteran.

“My Whole Health Coach helps provide me structure and guidelines to do the things I have not been doing. The structure really helps me learn,” shared Evie. “The most helpful areas for me so far have been setting goals, self-affirmations, and journaling.”

Evie plans to continue Whole Health Coaching into the New Year and highly recommends Veterans give it a try. For the New Year, Evie is also hoping to pursue training to become a Peer Support Specialist to ultimately help other Veterans. “I want Veterans to know that you can overcome whatever it is you have been through with the right help, counseling, and direction.”

Evie also wants other Veterans to know that asking for help is not a weakness. It is not weak to say: ‘I am struggling, I need assistance, could someone show me the way.’ I have learned it is a strength to acknowledge you do need help and to get the help you need—and the VA has help available!”

Do you think you might benefit from Whole Health Coaching? Talk to your Butler VA team today or call the Butler VA’s Whole Health Coach directly at 878-271-6717. Help is available.

“I want Veterans to know that you can overcome whatever it is you have been through with the right help, counseling, and direction.” — Ethel Taltoan, U.S. Army Veteran



## What Matters to You

Whole Health starts with a simple question: What matters to you? The start of a new year is a great time to think about your health. VA’s Whole Health approach puts Veterans at the center of their own health care choices.

**Veterans, enroll today!** [www.choose.va.gov](http://www.choose.va.gov).

## 2022 Resolutions

What resolutions have you committed to this new year?

If your goal is to be more active, visit [www.va.gov/WHOLEHEALTH/circle-of-health/moving-body.asp](http://www.va.gov/WHOLEHEALTH/circle-of-health/moving-body.asp) to

learn how to Live Whole Health and get your body moving. Just 15 minutes of exercise a day can improve your health and increase your quality of life.



## A NEW MINDFULNESS GROUP FOR THE NEW YEAR

**M**indfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.

The Butler VA offers several classes and resources to help Veterans practice Mindfulness – including a NEW drop-in option for those Veterans who already have experience with Mindfulness. The new drop-in class meets weekly on Wednesdays in room MH005 from 11am-12pm. Veterans should have experience in Mindfulness and/or previously taken the Mindfulness Practice in YOUR Circle of Health series. A new session of the Mindfulness Practice in YOUR Circle of Health series kicks off in January on Mondays from 11am-12pm, room MH005.

To learn more about the new group, or other Mindfulness classes and resources the Butler VA offers, call 878-271-6717.

## FLU SHOTS: IT'S NOT TOO LATE!

**V**accines work well to prevent severe illness. Have you received your flu shot yet? If not, don't worry. It's not too late! There is no better time than now to protect yourself and your loved ones from the flu. VA makes it easier than ever to receive your flu shot. In addition to every VA medical facility, flu shots are available at no cost for eligible Veterans at more than 70,000 in-network community providers nationwide. According to the Centers for Disease Control, you can even get a flu vaccine and a COVID-19 vaccine during the same visit.

Learn more: [www.prevention.va.gov/flu](http://www.prevention.va.gov/flu).

# YOU HAVE IT IN YOU.

*Talk with your VA provider about how to rediscover your best health.*

**Women Veterans Call Center: 1-855-829-6636**  
[www.womenshealth.va.gov](http://www.womenshealth.va.gov) | #WomenVets

**VA** U.S. Department of Veterans Affairs

## REDISCOVER YOUR BEST HEALTH

**R**ediscover your best health in 2022. Talk with your primary care provider about how to start your journey of healthy living and access the VA health care benefits and services you earned and deserve. Learn what the Butler VA offers to support women Veterans' whole health: [www.va.gov/butler-health-care/health-services/women-veteran-care/](http://www.va.gov/butler-health-care/health-services/women-veteran-care/).

## VIRTUAL HEALTH & WELLNESS CLASSES

*Still not ready to come to the VA for health and wellness classes? We have virtual options for you!*

**T**he following classes are available virtually via VA Video Connect (VVC) at the Butler VA: Personal Trainer Sessions, Gentle Stretch, Meditation, and Tai Chi. Guided iRest Yoga Nidra Meditation is available via telephone.

Veterans can also participate in unlimited free virtual classes with Millennium Health & Fitness. For more information on how to sign up, check out the Butler VA Facebook page at [www.facebook.com/VAButlerPA](https://www.facebook.com/VAButlerPA) or call 878-271-6484.

The Butler VA is here to support your new year health and wellness goals in-person and virtually. For more information or to get registered for a class, please call 878-271-6484.

SALUTE YOU

## Thank you for your service JOE GRUZINSKI, U.S. Army



U.S. Army Veteran Joe Gruzinski served in Supply during Vietnam.

Let us "Salute You!" Contact the Butler VA Public Affairs Office for more information.

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Butler VA Health Care System



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